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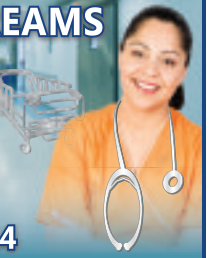
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► Watch out: July through September is 'bedbug season' ► Bloodsucking pests grow faster in warm weather ► Summer travel increases risk {page 02}

80

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### In the news

#### Car explodes in Midtown

A transformer fire caused a minivan to explode in Midtown Saturday, officials said. The fire then moved to a nearby building. The FDNY said that as they were responding to a 911 call about the transformer fire, flames moved up toward the second floor of a 15-story building on 140 East 56th Street. Two people were rescued from the burning building, and no injuries were reported. ● METRO/AB

### In the news



#### NYC Olympics?

New York might just get its Olympic moment after all. The city is being considered for the 2024 Summer Games and the 2026 Winter Games, along with Dallas and Chicago. With many still skeptical of the games landing here, NYU professor Mitchell Moss told the Daily News it would take someone with "passion and brains" to make it happen. ● METRO/AB

## Parks vehicle strikes man on Coney Island

**CONEY ISLAND.** A homeless man suffered minor injuries after he was hit by a Parks Department vehicle on Coney Island beach early yesterday morning. The man, about 50, was walking in the dark at 3:45 a.m. when the passenger side of the vehicle struck him, police and fire department officials said. The city vehicle was doing its usual inspection of the beach when the accident occurred. No criminality is suspected. ● METRO/JG

SPENCER PLATT/GETTY IMAGES



► A homeless man was hit by a car on the beach.

## Man charged with groping girls in library

**QUEENS.** A man was arrested and charged on Saturday with sexually abusing two little girls at a branch of the New York City public library in Queens last month, according to the NYPD. Joel Grubert, 49, is now facing charges of sexual abuse and endangering the welfare of a child. On June 23, Grubert allegedly approached a 6-year-old and a 9-year-old in the library and touched them inappropriately. ● METRO/DB

## DWI charge for NYC's finest

**QUEENS.** An NYPD officer was charged with driving while intoxicated in the wee hours of yesterday morning, according to a police spokesman. Officer Brayan Terrazas, 26, was off-duty

when he was arrested shortly before 3 a.m. for allegedly drunk driving in Queens. ● METRO/DB



# Steamy summertime is bedbugs' peak season

► You may not like the heat, but they love it: July through September is best time for bedbugs ► New York's most hated bug matures faster – and lays more eggs – in heat ► Exterminators call it 'bedbug season'

Just when you think the scorching hot summers in New York City couldn't get any worse — they do.

Exterminators warn that July through September is prime time for what they call "bedbug season," when the bugs crop up far more often in New Yorkers' apartments than in the cooler months.

"Bedbugs like heat," said Jeff Eisenberg, president of Pest Away, an exterminating company on West 35th Street.

Higher temperatures, like this past weekend's 100-degree heat wave, provide ideal living conditions for the bugs, he said.

"It's more comfortable and easier for them to move around," he told Metro.

Because many people have



METRO FILE PHOTO

plans to travel in the next few months, the likelihood of picking up the bugs and bringing them home also greatly increases. Bedbugs commonly spread via luggage that is transported through hotel rooms or on trains and

buses.

According to a national study on BedBugCentral.com, bedbug activity spikes during the summer months.

"If a bedbug falls from your coat onto the ground in the winter, it's not very likely it will survive," said Eisenberg. "But if it falls off your clothing in the summer, it's more likely to hitchhike around to different places."

The study, which includes data from five pest management companies around the country, shows that bedbugs develop from an egg to an adult in 66 days at 64 degrees, but at 82 degrees, they move from egg to adult in only 14 days.



AMANDA BARKER  
amanda.barker@metro.us

### How to avoid bedbugs

So what to do if the little demons creep into your house? Answering more than 150 calls weekly to treat bedbugs in investment banks, law firms, schools, chiropractors, hotels and homes, Eisenberg suggests in his "Bed Bug Survival Guide" not to freak out and get to know the "enemy."

- Buy a bedbug certified mattress encasement, box spring encasement and pillow cover.
- Vacuum your whole bed thoroughly once a week.
- Take off your street clothes before getting into bed.
- Put your clothes in the dryer on high for 30 minutes. The high heat will kill the bugs and any eggs.
- When you travel, carefully inspect hotel mattresses for signs of the bugs, paying particular attention to mattress creases and seams.

### Swimming. Start



► Athletes dive into the Hudson River at 5:50 a.m. yesterday for the start of the triathlon. Participants streamed across the finish line in Central Park from 7:30 a.m. to noon.

SEAN P. WALKINSHAW/BRIGHTROOM.COM

## A toasty day for New York City triathlon

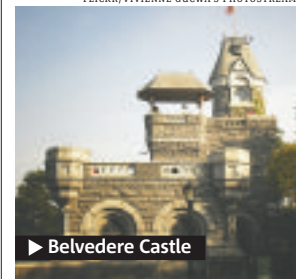
An estimated 3,000 people participated in the New York City Triathlon yesterday in 91-degree temperatures. The annual race began with a 1,500-meter swim in the Hudson River, followed by biking 40 kilometers up the West Side Highway, and then a 10k run through Central Park. Last year, two people died during the swim portion of the grueling event. This year, participants had to complete a half-mile open water practice swim to prepare. ● METRO/CB

## Tourist breaks arm trespassing in Central Park

**CENTRAL PARK.** A tourist attempting to scale a vertical wall of rocks yesterday morning behind Central Park's Belvedere Castle fell off and broke his arm. Christian Lopez, 35, of Fairfax, Va., was climbing in an area off limits to the public when he plummeted approximately 30 feet to the ground below, police said. Lopez, who was slapped with a trespassing summons, was then brought to New York-Presbyterian Hospital.

● METRO/JG

FLICKR/VIVIANNE GUCWA'S PHOTOSTREAM



► Belvedere Castle



## ADVERTISEMENT

After helping countless knee pain sufferers eliminate their pain, a local doctor warns,

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According to the American Academy of Orthopaedic Surgeons (AAOS), there are about 270,000 knee replacement operations performed each year in the United States. This image depicts the procedure.

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Do your knees make you feel older than you really are?

Are you afraid that your knee pain is only going to get worse?

If you answered **YES** to any of these questions, keep reading...

[1] Reference - Epidural steroid injections procedures. Medscape reference retrieved July 26th 2011. [2] Results may vary. Prior results cannot guarantee future outcomes. Copyright © 2012 MY Wellness Solutions, Inc.

## Why do knee injections often fail? What's different about our procedure?

### Most doctors today do one of three things:

- 1) They perform "blind injections" (an injection done without imaging guidance).
- 2) They use antiquated equipment from as far back as 2001, even in some of the largest hospitals in New York.
- 3) They use Cortisone, which can have side effects.

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# McCarren Park pool lockdown

► After being closed for 28 years, hipster swimming pool finally renovated and reopened ► But assaults and thefts plague what many thought would be a fun kickoff

Intense bag checks, pat downs and interrogation can only mean you're at the airport, right?

Try a New York City public swimming pool.

Security remained extremely tight yesterday afternoon at McCarren Park pool, after several incidents of assaults and theft at the \$50 million facility on the Williamsburg-Greenpoint border.

On Monday, July 2, three people were arrested after they assaulted two police officers trying to enforce pool rules, according to The Huffington Post. The Friday prior to the incident, a lifeguard was attacked and almost drowned after he was jumped and pulled into the pool.

In the hours before last Monday's assaults, four lockers

**\$50M** Cost to make over the McCarren Park pool facility.

at the pool were also broken into, and a purse was reportedly stolen.

The Parks Department is now taking desperate measures to stem the crime wave.

Before people could enter the pool yesterday, security guards checked their bags thoroughly. If guests had bags with them, they were required to bring their own lock or else they could not enter.

Inside, more than 50 uniformed NYPD officers, plus Parks Enforcement Patrol officers, stood watch.

Rashad Moore, a 44-year-old Brooklynite, said before he en-

tered the pool a security guard asked if he had a gun and also checked to make sure his shorts had mesh inside, proving they were swim trunks.

"I've never had this much trouble getting into a pool anywhere else in the city or in New Jersey," he told Metro. "The rules are a little excessive, which makes me feel like I'm at an airport."

Many people told Metro that they felt safer, though, with the tight security.

"It makes me feel better that there's more security," Will Crosby, a 25-year-old Brooklynite, said.

"Whatever it takes to not have my stuff stolen or get beat up is necessary," he said.

**AMANDA BARKER**  
amanda.barker@metro.us



► The McCarren Park pool has reached its 1,500-person capacity every day since it opened.

**"The rules are a little excessive, which makes me feel like I'm at an airport."**

RASHAD MOORE, 44, BROOKLYN

## Mishaps at pool

► **Friday, June 29:** The pool was forced to close after a lifeguard was reportedly pulled into the water by a swimmer.

► **Monday, July 2:** Four lockers are reportedly broken into, and a woman's purse was also stolen that had \$90 cash tucked inside.

► **Monday, July 2:** Hours after lockers were robbed, three guests were arrested after allegedly punching one police officer in the face and injuring another's wrist when the cops tried to enforce the pool's rules against back flips.

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**Chipper.** Chihuahua

► Derby, who only has three legs, would be a perfect pet for a Chihuahua fan. He would do best in a family with members no younger than teenagers.

ASPCA

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Derby is a 3-year-old Chihuahua mix who can't wait to find a home to call his own. Don't feel sorry for him because he only has three legs — this little tripod has no trouble keeping up and loves to play! He adores being with his favorite people and he settling in on available laps. To adopt Derby, who also comes with a follow-up vet exam, stop by the ASPCA Adoption Center at 424 E. 92nd Street, visit [Adoptaspca.org](http://Adoptaspca.org) or call 212-876-7700, ext. 4120. ● METRO

# Three children dead after bloody weekend

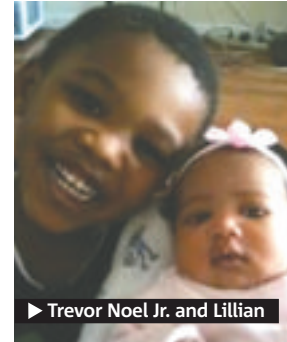
In the five days leading up to Saturday, New York City saw a whopping 16 murders, including three children who police say were killed at the hands of their own mothers.

On Friday night, a woman in the Bed-Stuy section of Brooklyn was charged with second-degree murder after police responded to a chilling 911 call she made. Tenika Revell, 40, told the operator that she killed her son with a hammer and was attempting to kill herself, according to reports.

When police arrived at the apartment, they found Revell, an ex-con, still alive after an attempted pill overdose, according to the Daily News. But her son, Bernard Revell, 9, had deep cuts to his head and was pronounced dead on arrival.

Revell had been arrested 33 times in the past, including several times for prostitution, according to the News.

A day earlier, on Thursday,



► Trevor Noel Jr. and Lillian

a young Bronx mother allegedly poisoned her 4-month-old daughter and 5-year-old son, according to police. Lisette Bamenga, 29, then unsuccessfully tried to kill herself.

Bamenga, a city schoolteacher who is also dating a rookie NYPD officer, allegedly forced her children, Trevor Noel Jr. and little Lillian Noel, to drink toxic wiper fluid. Bamenga then sealed the apart-

ment windows, turned up the gas, and slit her own wrists, the Daily News reported.

Bamenga, who on Facebook is seen laughing and holding her two children, left a suicide note that read her children "were going to a better place." According to reports, she was upset over relationship problems.

Bamenga's boyfriend, Officer Trevor Noel, returned home from his Thursday night shift to the horrific scene, according to the Daily News. EMS workers tried to revive the two small children, but were unable. Bamenga, originally from Paris, France, survived and was charged with murder.

A 3-year-old boy was also grazed by a bullet yesterday afternoon while playing in front to his house in Bed-Stuy. He is expected to survive.



**DANIELA BERNAL**  
daniela.bernal@metro.us

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\*Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 50FXDD40-01-00.\*

\*Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families.\*



## Obama invites Egypt's Islamist leader to US

CAIRO. President Barack Obama has invited Egypt's newly elected Islamist president, Mohamed Mursi, to visit the United States in September, an Egyptian official said yesterday, reflecting the new ties Washington is cultivating with the region's Islamists.



Washington, long wary of Islamists and an ally of ousted President Hosni Mubarak, shifted policy

last year to open formal contacts with the Muslim Brotherhood, the group behind Mursi's win. Mursi formally resigned from the group after his victory. **REUTERS**

## Putin seeks answers after deadly floods in Russia

GELENDZHIK, RUSSIA. Russian President Vladimir Putin ordered investigators to find out whether local officials could have done more to prevent floods killing 150 people in southern Russia after flying to the region to handle the first big disaster of his new presidency.

Putin, who was criticized for his slow reaction to disasters earlier in his career, has

promised money for new homes for victims of the worst flooding in decades in Krasnodar, a prosperous region with thriving agriculture and tourism.

Most of the victims drowned. Many were elderly people caught unawares as they slept when water swept through their homes after two months' average rainfall fell in a night. **REUTERS**

# Libyans hail vote as start of 'freedom era'

MOHAMMED ABED/AFP/GETTY IMAGES



▶ A Libyan man reads a newspaper yesterday, the day after the country went to the polls in the eastern city of Benghazi.

Nine months after Muammar Gaddafi's death at the hands of rebels, Libya has defied fears it would descend into violence by pulling off a largely peaceful election, its first national and free vote in 60 years.

Libyans, many of whom had cast their ballot with tears in their eyes, hailed Saturday's poll as a chance to draw a line under Gaddafi's dictatorship and forge a brighter future for their North African country.

While two deaths were reported as anti-election protesters sought to disrupt the vote,

**"Allahu akbar, this is the freedom era — for the first time, Sirte is free."**

CHANTED A LOCAL WOMAN AS SHE CELEBRATED WITH HER FAMILY

the mood was jubilant with revelers in Tripoli letting off firecrackers and locals in the eastern city of Benghazi sending up rocket-propelled grenades.

Even in Gaddafi's hometown of Sirte, which saw some of the worst fighting in last year's uprising to end his 42-year rule, there was relief that the vote had gone smoothly.

The interim Libyan government and Western backers of last year's revolution, which relied on NATO bombing for support, called it an early triumph for democracy.

"The United States is proud of the role that we played in supporting the Libyan revolution and protecting the Libyan people, and we look forward to working closely with the new Libya," U.S. President Barack Obama said in a statement. **REUTERS**



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****C** service to Manhattan runs until 9:30PM. Brooklyn-bound service runs until 10PM.  
Take the **A** instead.**

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**####FASTRACK**



# Employers not rattled yet by US 'fiscal cliff'

MARIO TAMA/GETTY IMAGES



► Whatever the political outcome, some believe employers will show increased nervousness as the year advances.

American employers are keeping their fingers crossed that politicians will steer away from a "fiscal cliff" of major tax hikes and spending cuts in early 2013 — and, so far at least, have not gone back to a defensive recession-mode.

Executives are prepared to reduce hiring or staffing if need be, but they say they are counting on the U.S. Congress to strike a last-minute deal.

"If they do go off the fiscal cliff, I'll immediately see my [sales] pipeline turn, and that's what we base our hiring decisions on," said Stephen Gray, chief executive officer at Gray Construction, an engineering, design and construction firm in Kentucky with 437 employees.

"But I don't see that bothering me until after it happens," Gray said in an interview from

## 80K

Hiring was dismal for a fourth straight month in June, with non-farm payrolls expanding by just 80,000.

Lexington. "That may be a problem on Jan. 2."

Less than six months away, the threat of big tax rises and spending cuts scheduled for January poses a new risk to the economy and struggling U.S. labor market.

In Washington and on Wall Street, warnings about a potentially huge hit to growth are growing louder as election campaigning effectively blocks any new legislation until after the Nov. 6 poll.

REUTERS

## News in brief

METRO FILE PHOTO



### Virus could black out nearly 250,000 PCs

**BOSTON.** About a quarter-million computer users around the world are at risk of losing Internet access today because of malicious software at the heart of a hacking scam that U.S. authorities shut down last November.

Some blogs and news reports hyped the outage risk, warning of a potential "blackout" and describing the Alureon malware as the "Internet Domsday" virus.

Yet experts said only a tiny fraction of computer users were at risk, and Internet providers would be

on call to quickly restore service. They said they considered the threat to be small compared with more-prevalent viruses such as Zeus and SpyEye, which infect millions of PCs and are used to commit financial fraud. **REUTERS**

### Amazon planning smartphone to vie with Apple iPhone

**NEW YORK.** Amazon.com Inc. is developing a smartphone that would vie with Apple Inc.'s iPhone and handheld devices that run Google Inc.'s Android operating system, two people with knowledge of the matter said.

Foxconn International Holdings Ltd. is working with Amazon on the device, said one of the people, who asked not to be identified because the plans are private. Amazon is seeking to complement the smartphone strategy by acquiring patents that cover wireless technology and would help it defend against allegations of infringement. **BLOOMBERG**

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# Transforming the way we learn

The term “transformative learning” has been buzzing around higher education since the early '80s, when Teachers College of Columbia professor Jack Mezirow founded his influential theory.

Put very simply, transformative learning is an “aha!” moment. For Mezirow, this crucial life transition usually occurs through spiritual crises, when a student's preconceived beliefs are fundamentally challenged through an educational experience.

Mezirow based his research on adult women returning to college, and transformative learning remains a foundational concept of adult education as well as counseling. This month, Information Age Publishing will release “Pathways to Transformation: Learning in Relationship.”

“The idea of ‘transformative learning’ brings up lots of difficult questions for professors: How do you structure a learning experience that might



► Transformative learning can take students out of their comfort zones.

STOCKBYTE

make a student uncomfortable but not alienate that student?” says Carrie J. Boden, who, with Sola M. Kippers, edited the new book. “Counselors have a lot of experience in negotiating that very situation, so we wanted to foster that conversation.”

With contributions from

over 20 leading counselors and educators, “Pathways” is an attempt to shift the “transformative” conversation toward a more holistic approach.

“For us, it’s about interconnectedness: the way a student interacts with the literature, professors, life experiences, vir-

tual worlds,” says Boden. “That’s why ‘relationship’ is in the title. How do we have the kinds of relationships with students that create possibilities for transformation?”



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# Yale to ensure students in Singapore have freedom of expression

GETTY IMAGES



► Yale is working to make sure that its Singapore campus will have no more restrictions than the one in New Haven.

Yale University will ensure its liberal arts campus in Singapore won't impose censorship amid criticism the city-state's laws will stifle academic freedom.

Students at the new Yale-NUS College will be able to express themselves freely on campus, and skepticism of the venture should fade, Pericles Lewis, president of the Singapore campus and a professor of English and Comparative Literature at Yale, told reporters yesterday.

The college is the first overseas undergraduate campus by Yale University and is funded by the National University of Singapore, the city's government and private donors. The venture has been criticized by Yale professors who say they were not consulted in the planning and that they have concerns about civil rights in Singapore, where the government has said restrictions on

**"There will always be critics. But as people see the successful education experiment, there are going to be more people praising us than criticizing us."**

PERICLES LEWIS

public assembly and speeches are necessary to maintain social and religious harmony.

"We expect students to express all kinds of opinions on campus," Lewis says. "The issue is about going off campus and there, students will have to abide by the laws of Singapore." Most students enrolled so far are Singaporeans and should be used to the city-state's rules, he says.

On April 6, Yale professors

passed a resolution urging the new campus to respect and support human rights and political freedom. The Singapore campus was inaugurated by Prime Minister Lee Hsien Loong in the presence of Richard Levin, Yale's president, who last year said he was confident his faculty in Singapore could teach and publish without restrictions.

"There will always be critics," says Lewis. "But as people see the successful education experiment, there are going to be more people praising us than criticizing us."

Degrees from the new college will be awarded through NUS, as the Singapore university is known. Yale, a member of the Ivy League of eight private U.S. universities, would have authority to hire faculty and set curriculum and admission policies, the university said in the prospectus.

BLOOMBERG



# THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip [@monicaatmetro](#) [monica.weymouth@metro.us](#)

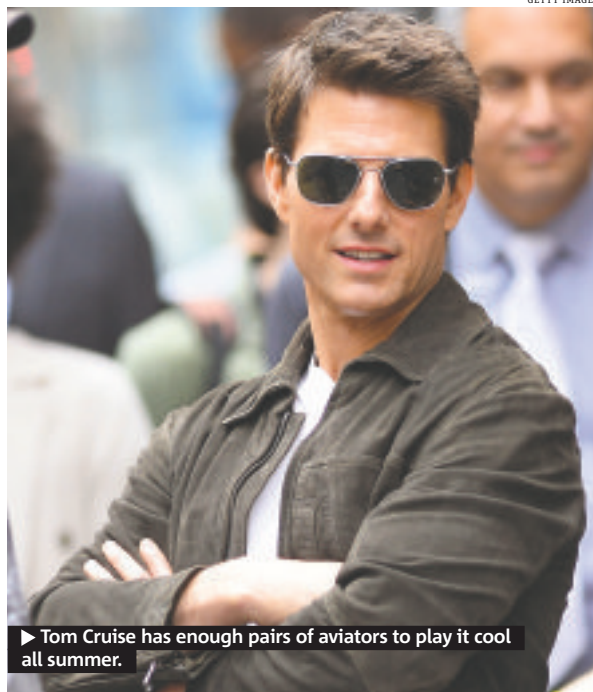


## Tom Cruise doesn't want to play games

While the rest of the world hid in the air conditioning, soon-to-be-exes **Tom Cruise** and **Katie Holmes** took the opportunity to sneak into their lawyers' offices over the weekend. It seems the couple are hoping to work out a settlement before their scheduled July 17 showdown in court, which is shaping up to be the summer harvest of hungry gossip columns everywhere.

While Holmes noisily filed for divorce and sole custody of daughter **Suri**, Cruise's side isn't letting much slip as far as strategy. "It's not Tom's style to do this publicly. He is really sad about what's happening," his lawyer, **Bert Fields**, tells BBC News. "We are letting 'the other side' play the media until they wear everyone out, and then we'll have something to say."

Of course, Team Cruise is totally "playing the media" with a statement like this, but sure, we'll bite. Not only is it amazingly passive-aggressive — our favorite flavor of aggressive over here — but we're sick of watching Katie



GETTY IMAGES

► Tom Cruise has enough pairs of aviators to play it cool all summer.

Holmes parade around Whole Foods in chirpy little sundresses. Lady, if you're going to pre-

tend you're being hunted by the scary Scientologists, at least wear sneakers.

### Humphries stands alone

It seems everyone has had enough of **Kris Humphries**. After reports that his **Kim Kardashian** rebound, ex-girlfriend **Myla Sinanaj**, is pregnant, his publicist dropped him as a client.

"They went different ways because Kris was becoming too much to handle. These stories about

him [dating] girls would pop up [in the press], and he'd deny it — then it would turn out to be true," a source tells Life & Style. "Kris tries to put on this innocent, good-hearted image, but as you get to know him, it just doesn't turn out to be true."

Unfortunately, being a scheming drama queen won't get you fired from this page. Kris, buddy, we'll check in tomorrow.

### Want to hang with Gwen Stefani?

After fellow celebs **George Clooney** and **Sarah Jessica Parker** invited the **Obama** campaign over for a party, **Gwen Stefani** is hosting a "Family Fun Day" at her home with **Michelle Obama**. For \$1,000, a family of four can head over to enjoy some "child-friendly campaign fun" at her L.A. mansion on Aug. 12.

Does this include playing

dress-up with her No Doubt wardrobe? If so, completely worth it — and dubs on that polka dot "Don't Speak" dress, you sticky little patriots.



So Gwen, can Gavin come out to play?

GETTY IMAGES

### Talking points

#### Does Cruise have an expiration date?

Some eagle-eyed gossip-watchers have noted that all of **Tom Cruise's** wives — **Mimi Rogers**, **Nicole Kidman** and now **Katie Holmes** — have called it quits with him at the age of 33. Just an odd coincidence? Maybe not. In a recent survey conducted by British social-networking site Friends Reunited, 70 percent of respondents over the age of 40 claimed they weren't truly happy until they turned



► Rogers at 33



► Kidman at 33



► Holmes at 33

33. "By this age innocence has been lost, but our sense of reality is mixed with a strong sense of hope, a 'can do' spirit and a healthy belief in our own talents and abilities," psychologist Donna Dawson says in the survey's findings.

#### Baby on the way for Claire Danes

"Homeland" star **Claire Danes** and husband **Hugh Dancy** are expecting their first child, Danes' publicist confirms to People magazine. The pregnancy isn't expected to inter-

fere with production of the second season of her critically acclaimed cable series, which begins in September. Danes and Dancy met while filming "Evening" and began dating shortly after, tying the knot in the French countryside in 2009.

#### Do you know how fast you were going back there, Biebs?

**Justin Bieber's** need for speed got him in a bit of hot water late last week when he was pulled over and cited for going more than 100 miles per hour in his \$102,000 Fisker Karma sports car on the 101

freeway through the San Fernando Valley, according to E! News. But he apparently wasn't just out for a joy ride, as Bieber reportedly told California Highway Patrol officers that he was evading pursuing paparazzi. Whether or not that's true, his driving clearly frightened other drivers, including L.A. City Councilman **Dennis Zine**. "It was a very dangerous, chaotic situation," Zine tells E! "When he passed me, he was ... driving in a careless, reckless fashion." Zine says that when he called 911, the operators informed him that they'd already received 10 calls about Bieber's speeding.



### The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

**LadyGaga**  
Is anyone else freaking out about No Doubt putting out a new album. I can't wait!

**MissKellyO (Kelly Osbourne)**  
Really? The a-hole in front of me almost knocked me out putting her seat back. Might get a black eye. Im going2 kick her seat all the way to LA.

**Joan\_Rivers**  
I love performing on Cape Cod!!! It's the most popular tourist destination for gay men, if you don't count John Travolta's hotel room.

**ConanOBrien**  
Justin Bieber's new album is not selling as well as expected. Think how bad it would be doing if I hadn't bought 50,000 copies.

**JohnStamos**  
"I've been to paradise but i've never been to me" - HA - that song just came on. what's the cheesiest song in your iTunes?





## Rachel McAdams is pregnant — in her new movie, at least

**1. Nick Jonas** acted like he was a regular human being by hailing a cab in New York City on Saturday.

**2. Nicki Minaj** performed at Barclaycard Wireless Festival in London on Saturday. What do Brits think of the Brit accent she affects in her songs? Discuss this with the person next to you on the train.

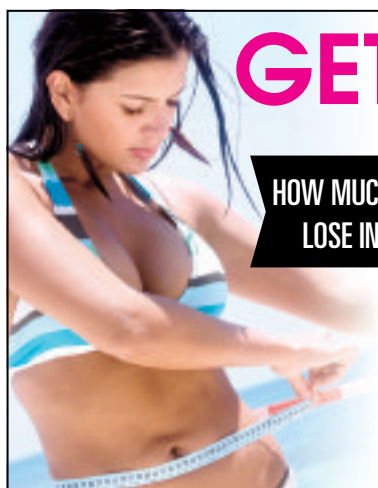
**3. Sarah Silverman** performed in Atlantic City on Saturday and had no problem donning an anachronistic T-shirt. She's a comedian though; you'd think she'd have written "I'm glad they" on top, and added a D to "Free."

**4. "Hey man, I played bass in a kickass band for a while too!"** Nirvana's **Krist Novoselic** and **Duff McKagan** (Guns N' Roses, Velvet Revolver, Loaded) greeted each other at the CBGB Festival in New York City on Saturday. Just 20 years ago, their singers, **Kurt Cobain** and **Axl Rose**, respectively, exchanged fightin' words. What a difference two decades make.

**5. Rachel McAdams** has gotta carry that weight. She was spotted crossing Abbey Road in London yesterday while filming a scene in the upcoming film "About Time." Word is that she isn't really pregnant, she's just playing a pregnant woman (or a really lousy shoplifter).

**6. The honor** belonged to director, writer and producer **Christopher Nolan**, who immortalized his hand and footprints in front of Grauman's Chinese Theatre in Hollywood on Saturday, but our eyes were on cute little pixie **Anne Hathaway**. Hey girl! Lookin' good!

1: CHRISTOPHER PETERSON/BUZZFOTO  
2: DANNY MARTINDALE/GETTY IMAGES  
3: DONALD KRAVITZ/GETTY IMAGES  
4: MIKE COPPOLA/GETTY IMAGES  
5: NEIL WICKFORD/FILMMAGIC  
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# 20th NYC Restaurant Week registration opens today

► Entering its 20th year, NYC Restaurant Week offers fine dining on the cheap at more than 300 top restaurants ► Reserve your tables online now

Obsessive Yelpers, warm up your clicker fingers. Although the main event doesn't start for another two weeks, registration for the 20th annual NYC Restaurant Week opens online today.

From July 16 to Aug. 10 (with most restaurants excluding Saturdays and Sundays), hundreds of New York's top fine-dining restaurants will be offering three-course prix-fixe meals at deep discounts. Prices, which have stayed the same since 2006, are \$24.07 for lunch and \$35 for dinner — drinks, tips and tax not included.

"We're proud to celebrate the 20th anniversary of NYC Restaurant Week, providing New Yorkers and visitors the opportunity to sample some of



► The Russian Tea Room has participated in every NYC Restaurant Week since it began in 1992.

the finest restaurants in the world at a fraction of the regular price," says George Fertitta, CEO of NYC & Company, the city's marketing, tourism and partnership organization.

More than 300 restaurants will be participating this summer, including the following regulars, which have participated in every NYC Restaurant Week since 1992: Barbetta, Brasserie, Capsouto Freres, Chin Chin, Delmonico's, Gotham Bar and Grill, Mesa Grill, The Palm, Petrossian, Remi, The Russian Tea Room, Shun Lee Palace, Steak Frites, Tribeca Grill, Victor's Cafe and Water's Edge.

To start making reservations, visit [www.nycgo.com/restaurantweek](http://www.nycgo.com/restaurantweek). **METRO**

## TV watch list

### 'Perception'

**DRAMA.** Eric McCormack plays a genius neuroscience professor who, despite his schizophrenia and inability to distinguish real people from hallucinations, teams up with the FBI to help solve crimes. **Series premiere, 10 p.m., TNT**

### 'The Closer'

**DRAMA.** Woah, there, Brenda. You may think you've finally nailed your nemesis, Philip Stroh (guest star Billy Burke), but you've still got one season left before you actually convict him. **Season premiere, 9 p.m., TNT**

### 'Bizarre Foods America'

**REALITY.** For his 100th episode, Andrew Zimmern heads to Las Vegas, where he finds \$750 cupcakes, \$1,000 sundaes and a \$5,000 hamburger. **Bizarre, indeed. Season premiere, 9 p.m., Travel Channel**

### 'Opening Act'

**REALITY.** YouTube talent gets the opportunity to open for arena-worthy acts. **Series premiere, 10 p.m., E!**

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# Developing a healthy body image: It can be done

**Zen in the city**



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This past weekend, sitting on the beach, I heard the clicking of a camera. I looked up and realized that my friend had snapped a funky-angled picture of me in a bikini. My kneejerk reaction was to wrestle the camera out of her hands and delete the photo. In that moment, I witnessed all of my old body image issues resurfacing before my eyes.

No matter what shape or

the summer. To help you overcome your own insecurities, I've outlined three steps for a healthy beach body image.

**Looking hot is an inside job**

We all come in different and unique packages. Accepting what you have is a key component to a healthy body image. Take time to focus on the good stuff and celebrate what you love about your body. Think of the strength in your legs that allows them to climb the steps to the train each morning, or those arms that can steadily juggle groceries and a baby. If you embrace the gifts you've been given, you'll focus less on what you think you don't have. The sexiest people are those who exude inner beauty and confidence. The more comfortable you are with what you have, the happier you will feel and the more attractive you will become.

**Get moving**

Whenever I do some kind of exercise before heading to the beach, I always feel more confident in my bikini. Not only does physical exercise immediately tone your body, it also makes you feel great about yourself. If you tend to be uncomfortable getting into your bathing suit, make sure to get in some exercise before you hit the beach.

**Beach in good company**

One of the best ways to feel confident in your bathing suit is to be around people who make you feel good about yourself. Become more mindful of the company you keep and hang with good folks on the beach. Kind, nonjudgmental friends will make you feel safe — regardless of how little you may be wearing.

— Gabrielle Bernstein is the author of "Spirit Junkie."

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► Hanging out with nonjudgmental friends can help make your beach day a whole lot happier. For Gabby's free body-love meditation, visit [www.gabbyb.tv/body](http://www.gabbyb.tv/body).

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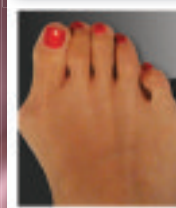
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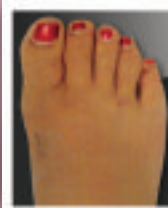
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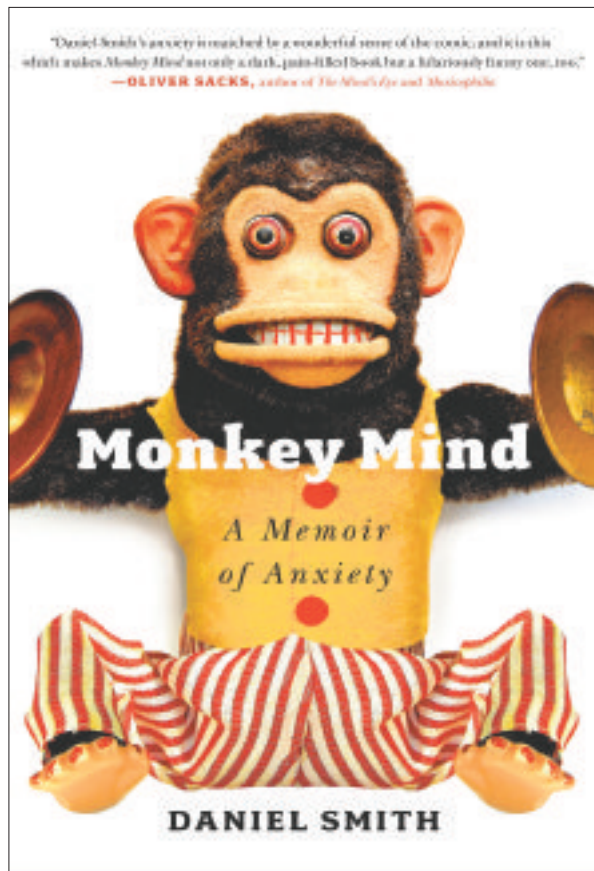
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# 'Monkey Mind': A book to calm your nerves

Following basic introductions during a phone interview, whether or not the person on the other end of the line can detect your voice quivering, it's not becoming to admit that you're nervously pulling your hair out. That is, unless you're talking to Daniel Smith.

Reassuringly, the author recalls a similar experience, pitching to publishers his memoir about anxiety, "Monkey Mind." It occurred to him then that having written about the disorder gave him license to panic, to be comfortable in his own sweat-soaked skin. "Now I can just come right out and say it," Smith boisterously exclaims. "Not only do I not have to hide it, but I should tell [people]! I should have thought about this years ago."

In "Monkey Mind," Smith divulges adolescent traumas and subsequently, the pivotal attacks and everyday pangs of anxiety. Through trial and error after error, he learns to mitigate them, finding comic relief along the way. He recounts, for example, discovering that maxi-pads best trap armpit sweat, second only to Botox injections. To unabashedly laugh



► Smith

## If you go

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out loud or cry — or both — at Smith's naked confessions is inevitable and apropos. "I'm easily embarrassed and self-critical, but not easily shamed," he insists, adding that he exposed his own agonizing struggle with anxiety in order to show the ubiquity of it. "There's no one who hasn't experienced anxiety in one form or another. Built into the project is the idea

of universality."

According to Smith, anxiety differs from fear in that the former is the looming, unpleasant feeling brought on by the latter. Chronically anxious people are acutely aware of themselves and what triggers those feelings to arise. "Anxiety is self-centeredness," he says, speaking now with a sudden equanimity. "It's not narcissism, because narcissism is self-love. The word I love is solipsism, which means a locked-in syndrome, an obsession with what's inside your own head and how the world comes at you."

Although he says he hasn't found writing in general or about anxiety in particular to be therapeutic, Smith does offer suggestions for how to combat restlessness beyond momentary stopgap measures like drinking, taking a pill or even orgasms. "I'm not convinced that [anxiety] can be cured or even that it would be desirable to be cured," he says, conceding that the only effective disciplines to have eased his worried mind are meditation and Cognitive Behavioral Therapy. The Buddhist meditative

technique of training oneself to see that thoughts often rise and fall away is useful, he says: "It turns you away from self-absorption, ironically, because while meditating you're looking only at yourself."

Smith draws comparisons between Buddhism and psychotherapy insofar as that both emphasize awareness. "CBT takes the statements that otherwise the mind considers assumptions and jumps straight to anxiety and catastrophe and questions them." Whereas Buddhism advises letting go of uncontrollable thoughts, "CBT asks you to scrutinize them."

With consistency and practice, these methodologies ultimately don't conflict with each other for Smith. "It's all about day after day fighting the good fight against your wormy, screwed-up habits of mind." But he resigns that falling off the wagon and back into anxious patterns is easy to do. "You have thought a certain way for years," he says. "Nothing is going to be able to train you out of that completely, because the circuits are there."

**GINA ANGELOTTI**  
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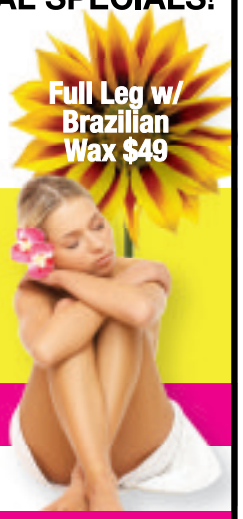
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# The end of the 9 to 5 workday



► Clock-watching may soon become a thing of the past.

One are the days when you clock in at 9 a.m. and then leave the office at 5 p.m. Work has been embedded in our personal lives through technology and economic pressures. I don't have a single friend who works a typical workday schedule anymore, and you probably don't either. A new study by Mozy proves that workplace flexibility is on the rise. It found that 73 percent of bosses have a relaxed attitude to timekeeping because employees are already working beyond the typical 9 to 5 day. One-fifth of employees have already checked their work e-mail by 7 a.m., and the average

## Advice



**DAN SCHAWBEL**

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employee has already spent up to 46 minutes working before he or she comes to the office.

The study also found that the average employee arrives at the office at around 8:18 a.m. and leaves at 5:48 p.m., but doesn't stop working then. Employees are usually still working until about 7:19 p.m., checking their e-mail to see if their boss has messaged them.

Due to this flexibility, 15 percent of managers think it's acceptable to call employees after work, up to 9 p.m.

Employees are now working upwards of 12 hours a day through their use of technology. This may explain why employers are more tolerant of lateness: The average manager is OK with an employee coming in 37 minutes late. The report also showed that managers are more accepting of employees taking longer lunches (48 percent) and carrying out personal activities at work (21 percent).

But don't get lazy. If you stay at the office longer and are focused during work hours, you'll

be more successful. If you try and take workplace flexibility for granted, you might find yourself out of a job. In the future, I predict that companies will focus more on results than on time spent at the office. It won't matter if you work from home or if you put only 20 hours in a week, as long as you're achieving high-quality results.

— *Dan Schawbel is the founder of Millennial Branding, a Gen-Y research and consulting company. Subscribe to his updates at Facebook.com/DanSchawbel.*

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2 Bedroom	2	\$1,068.00	\$38,709 – \$40,140
	3	\$1,068.00	\$38,709 – \$45,180
	4	\$1,068.00	\$38,709 – \$50,160

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# Finding a work wardrobe that actually works

Soojin K. Chu is the founder of Swagger & Glide (www.swaggerandglide.com), a Boston-based personal shopper/fashion consultant company. Chu specializes in customizing wardrobes to specific professional environments while incorporating personal taste.

## What's the first thing you address when working on a client's professional wardrobe?

Most people don't realize that the way your clothes fit is a huge part of how you're perceived by others. If the shoulders of your suit are ridiculously big, you're giving the impression that you don't belong in it — like you borrowed your dad's suit. So I work a lot with my clients on making sure the clothes you have on really do fit you and your body type.

## How do you balance feeling like

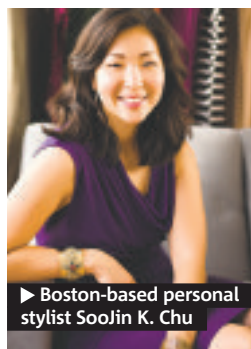
## yourself and fitting into a business environment?

Sometimes people want to hold on to how they dress as their own creative outlet. And I encourage that in small doses: a fun tie, suspenders instead of a belt or an unusual pair of socks. But, especially with first impressions, nobody ever says, "This person looks too professional for this setting."

## Is there a purpose to dressing for work, beyond just getting the job and looking professional?

Oh yes. For starters, if you make yourself stand out in a work environment that creates a subconscious reaction in others: You feel less approachable to them. At the same time, you don't want to feel like you've lost your personality. You want to let yourself think outside of the box. It's a constant balance.

## What to buy



► Boston-based personal stylist Soojin K. Chu

JULES KO PHOTOGRAPHY

Personal stylist Soojin K. Chu recommends the following for a professional wardrobe starter closet:

► **MEN:** Total budget: \$3,000, including one amazing suit (\$600-\$800), a pair of terrific shoes, eight dress pants and a lot of really good shirts

► **WOMEN:** Total budget: \$2,500, including six dress pants, three to four skirts, three jackets and "a whole mess of blouses."



**BRUCE WALSH**  
bruce.walsh@metro.us

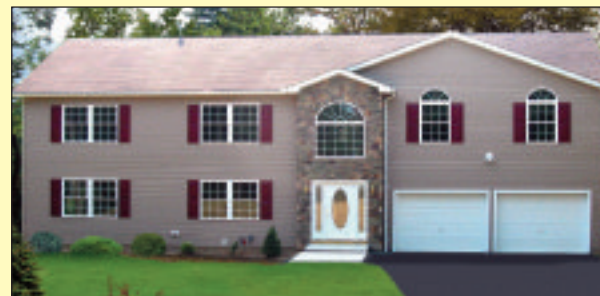
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## Letters

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### Another prince for America?

In Mitt Romney, we may see the succession of another prince from America's aristocracy. This time, let's ask tough, probing questions and get specific answers to see if we are getting a man of character and substance or a beneficiary of inherited privilege, social connections and vast investments with potential for conflict of interests. He looks polished, but is he honed to be sharp as a razor, strong as steel and, yet, still have compassion for us all?

GLENN HAYES, KEW GARDENS, NY

### Wage, wage against the dying of the light

Even though I support Obamacare, I still do not

understand why Obama is not touching the issue of minimum wage which has been at \$7.25 an hour at the federal level for quite some time now. Is Mr. President withholding our rights to a wage increase and doing us a favor by promoting the Obamacare? We do not need a favor, but rather what is our due right. Another issue, Mr. President, please, check on all organizations that do keep their employees for years working as "on calls" and not enrolling them in the union. This will assist you in selling the idea of your Obamacare. Now to Mr. Mitt Romney, all you talk about is you can do better than Obama, what have said so far about this wage issue while the landlords keep hiking the rent money. Do

you think \$7.25 multiplied by 40 hours can pay off the rent, light and medical bills of an America worker? Do the homework, Mr. President and Mr. Romney. I am a Democrat, but I do not condone playing games with voters when November is approaching. **IBRAHIM MAMMAN, VIA E-MAIL**

### The naked, er, pants-less truth

**RE: 'LEGENDS OF DEATH PANELS NEVER DIE':** Winston Churchill famously observed: "A lie gets halfway around the world before the truth has a chance to get its pants on." Last Friday, Joseph Dupont proved this right by getting hysterical over the silly (and transparently false) notion of "government death

panels." His hysteria, sadly, is simply an example of how dysfunctional our politics have become. **JOSEPH CONNELL, BROOKLYN, NY**

### Burning as hot as a Foreman grill

**RE: 'IS IT HOT ENOUGH FOR YOU?':** Tom Foreman ends his article on the election with the words, "A lot of voters are feeling burned." I know I do. Burned, in particular, by the outright lie coming from Republican attacks that the "private sector" — meaning corporations — are suffering. After Obama went out on a limb to save banks and car companies, and executives gave themselves the usual huge bonuses, and in light of the enormous amount of money they have to smear those dishonest ads over every screen of every TV in existence, they're hurting? Give me a break!! Yes, it gets me hot — as hot as the weather these days. **PAUL SIMONS, VIA E-MAIL**

E-mail your letters: **letters@metro.us**

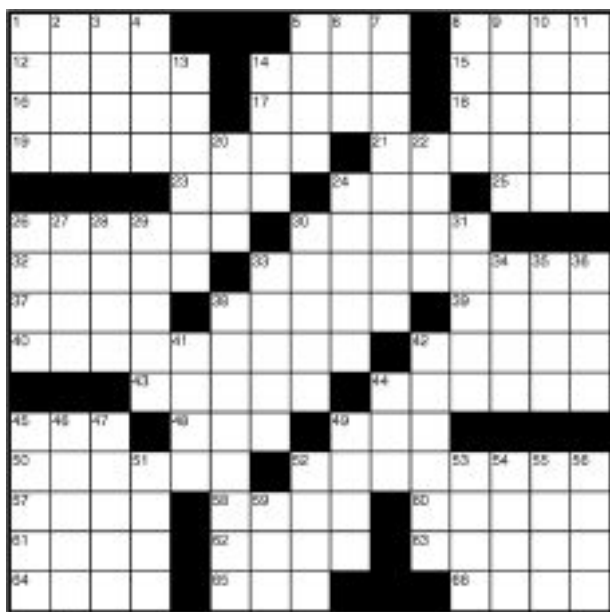
Keep them as brief as possible, preferably under 100 words.  
Metro reserves the right to edit all letters.  
Please include your name and contact information.

#### Across

- 1 Where Mexicali is
- 5 Make a blunder
- 8 Tree trunk
- 12 Luau welcome
- 14 Walk back and forth
- 15 Reason to cram
- 16 Of ships
- 17 Q.E.D. part
- 18 Office assistant
- 19 Trades places
- 21 Blush
- 23 Alley from Moo
- 24 \_\_\_ ammoniac
- 25 Put a stop to
- 26 Arm covering
- 30 High-grade coffee
- 32 Split
- 33 Like port or sherry
- 37 River to the Seine
- 38 Ink stains
- 39 Boulder
- 40 Jeep models
- 42 Lament
- 43 Attempts
- 44 Dogie catchers
- 45 Tokyo, to shoguns
- 48 Aardvark prey
- 49 "Star Wars" rogue
- 50 Upholstery fabric
- 52 Petty
- 57 Wins at rummy
- 58 Just scraped by
- 60 Access AOL (2 wds.)
- 61 Soprano's piece
- 62 Night attire
- 63 Helen, in Spanish
- 64 Meg -- of films
- 65 Isaac Newton's title
- 66 Smell \_\_\_

#### Down

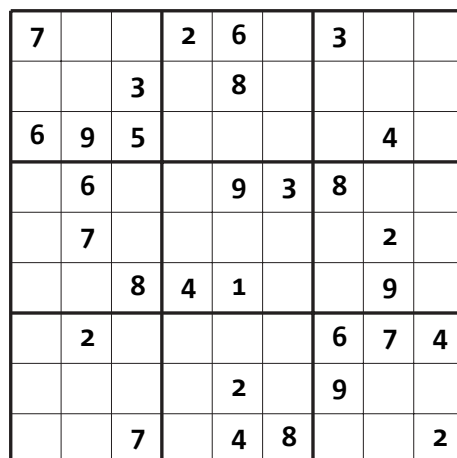
- 1 Censors
- 2 What there oughta be (2 wds.)
- 3 Rocker Jon Bon --
- 4 Pull a rabbit out of \_\_\_



- 5 Teacup handles
- 6 NEC competitor
- 7 Takes back
- 8 Droplet
- 9 Water or rust
- 10 Full of cargo
- 11 Correct
- 13 Nook
- 14 Chirp
- 20 Furrow maker
- 22 Pre-college
- 24 Classifies

- 26 Finish third
- 27 Bear's pad
- 28 Bride in "Lohengrin"
- 29 Important occasion
- 30 Heather habitats
- 31 Puffy hairstyles
- 33 Swift-footed
- 34 Chits
- 35 Mark's successor
- 36 Wildlife refuges
- 38 Flashing lights
- 41 Mardi \_\_\_
- 42 Slash and tear

- 44 Hang back
- 45 \_\_\_ Rice Burroughs
- 46 Milk producer
- 47 "\_\_\_ vincit amor"
- 49 \_\_\_ and seek
- 51 Cold \_\_\_ icicle
- 52 Midwest st.
- 53 Montez or Falana
- 54 Disney CEO Bob \_\_\_
- 55 1492 caravel
- 56 Troublesome bug
- 59 Garden-pond fish



SUDOKU **LEVEL: EASY**

#### Solution to weekend's crossword



How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

#### Horoscope

♋ Cancer **June 21-July 22.** Insisting that everyone do things your way will create a reaction opposite of what you hope to achieve. Applying poor tactics will defeat your purposes and desires.

♌ Leo **July 23-Aug. 22.** Holding a grudge against someone with whom you've recently exchanged testy words will serve no useful purpose, and it could be to your detriment. If you can't forgive, you should at least try to forget.

♍ Virgo **Aug. 23-Sept. 22.** There's a chance you're likely to believe that you're operating from a position of strength, when in reality you could be cruising for a bruising. Be cautious with all of your financial affairs.

♎ Libra **Sept. 23-Oct. 23.** If you and your mate are more temperamental than usual, it is vital that neither of you bring up an issue that would ignite an old argument.

♏ Scorpio **Oct. 24-Nov. 22.** Left to your own devices, you'll be effectively industrious. But if you're closely supervised, the reverse might be the case. Then, you'll be tempted to provoke your observer to ill effect.

♐ Sagittarius **Nov. 23-Dec. 21.** If you allow yourself to be open to peer pressure, you'll likely be encouraged

to do something against your best interests. Be your own person.

♑ Capricorn **Dec. 22-Jan. 19.** There is no need for you to kowtow to someone whose reputation is more symbolic than authoritative. Don't let titles unduly impress you.

♒ Aquarius **Jan. 20-Feb. 19.** Don't waste your time with heated discussion about a topic in which neither you nor your adversary are well versed. Likely, you're both wrong.

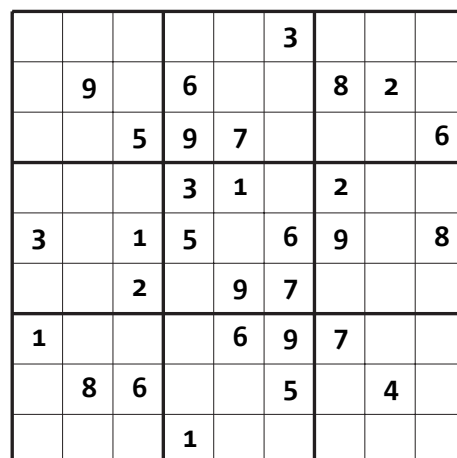
♓ Pisces **Feb. 20-March 20.** Take care in joint money matters when dealing with friends. If the accounts aren't adding up right or are being handled incompetently, someone will end up being very angry.

♈ Aries **March 21-April 19.** If you can, disengage yourself from having anything to do with a demanding person. You're not likely to have the continued patience it would take to deal with him or her.

♉ Taurus **April 20-May 20.** Be careful not to create complications where none should exist when doing your thing. The inclination could be there to create unnecessary problems.

♊ Gemini **May 21-June 20.** If you're smart, you'll keep betting out of the picture when involved in activities that contain elements of friendly competition. Once stakes are introduced, the fun will end.

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## Parnell finding his confidence

In recent years, Bobby Parnell had been a conundrum for the Mets. They were tantalized by the 100-mph heat in his right arm, but concerned the stress of the closer's role would weigh on his psyche.

Not anymore.

Parnell, who worked with Hall of Famer Sandy Koufax during spring training, has become a reliable reliever. He is 2-1 with two saves and 15 holds in 35 innings this season. He has 34 strikeouts in 35 innings pitched, while allowing just a hit per inning.

"He's able to change speeds on his fastball," catcher Josh Thole said. "He's able to dial it down a notch when he wants to. Command of his curveball has been very good. That's in the back of hitters' minds; he can throw it at any time."

Parnell showed that maturity Saturday as he struck out Steve Clevenger with the tying run on base in the ninth. He threw three straight fastballs outside, before striking out Clevenger on 101-mph heat. **METRO/DG**

# 'We're in the hunt'

► Mets finish the first half in disappointing fashion ► But they still have every right to be confident in the second half ► Big trades seem unlikely

Others were focused on long term, but Mets manager Terry Collins was focused on the here and now.

"It's July 8 — [the end of the regular season] is too far away," Collins said yesterday when asked if the Mets would consider their 2012 regular season a success if they missed the playoffs by a few games after three consecutive years of finishing well under .500.

"Besides, I don't know how I'd feel on Oct. 3. I know right now we're in the hunt."

That is an undisputable fact.

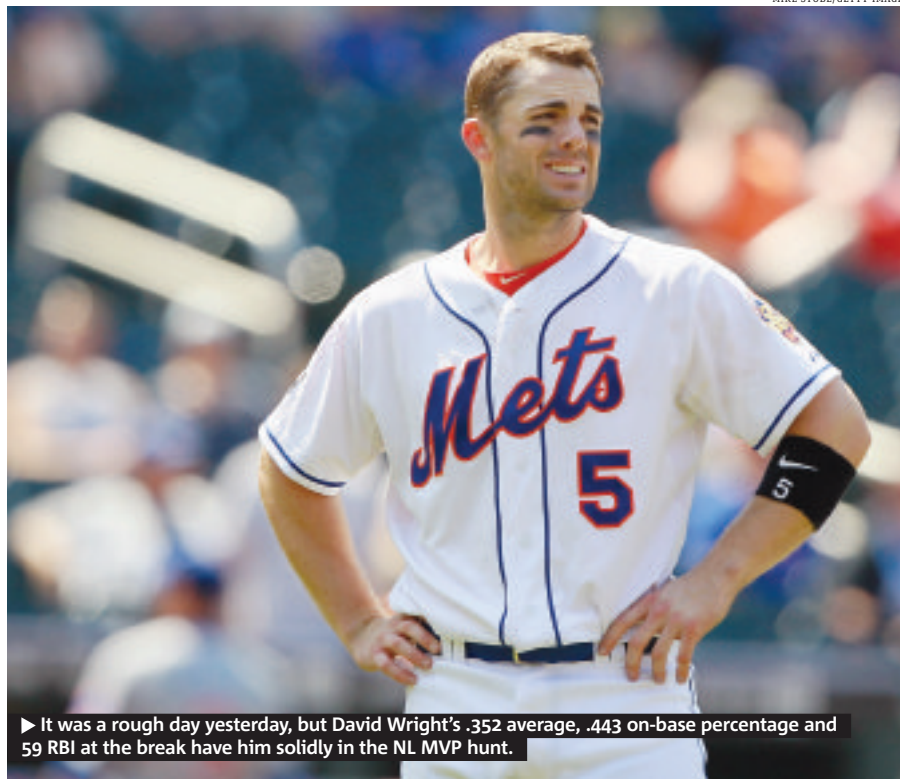
The Mets find themselves with a 46-40 record at the All-Star Break after their somnolent 7-0 loss to the Cubs in the first half finale yesterday. Despite the loss, the Mets are third in the NL East — percentage points behind Atlanta in both the division and wild-card standings.

"We're very happy where we are right now," Collins said.

When the Mets begin a stretch of 76 games in 84 days Friday night in Atlanta, the onus will be on general manager Sandy Alderson to bolster an offense that ranks 12th in the National League in home runs and dead last with a 4.94 bullpen ERA.

There is speculation that Diamondbacks right fielder Justin Upton and Phillies center fielder Shane Victorino will be available for the right price. But both would be costly in terms of prospects.

"The asking price sometimes isn't going to be good.



► It was a rough day yesterday, but David Wright's .352 average, .443 on-base percentage and 59 RBI at the break have him solidly in the NL MVP hunt.

## Ike and Lucas

The Mets have confidence in Ike Davis, despite his .205 average and 76 strikeouts compared to just 26 walks. Davis is improving, hitting .257 in June and July.

"I still believe, offensively, Ike is going to have a big second half," Collins said.

You're not going to sacrifice the future for a piece for a month," Collins said.

For now the Mets are looking inward. They need to get bigger contributions out of Ike Davis and a returning Jason Bay.

Bay has played in only 22 games due to a fractured left rib and a concussion. He was hitting just .187 with four home runs and six RBI in 75 at-bats. Signed to a \$66-million

free agent contract in Dec. 2009, Bay has hit .246 with 22 home runs and 110 RBI in 240 games spanning two-and-a-half seasons.

"We'll get Jason Bay coming back," Collins said. "[People talk] about a right-handed bat. We have a right-handed bat. We just have to get him back and get him going."

**DENIS GORMAN**  
sports@metro.us

## In the news



### Lucky No. 7

Roger Federer extended his record for major victories to 17 with his seventh career Wimbledon victory yesterday.

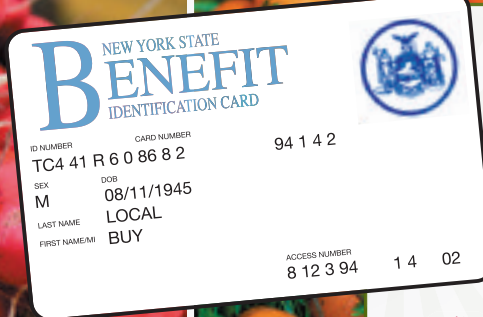
And he crushed the dreams of a nation in the process.

Federer beat Andy Murray 4-6, 7-5, 6-3, 6-4 to end Britain's pursuit of their first Wimbledon crown in 76 years. Murray, a native of Scotland, is now 0-4 in major finals.

Federer, on the other hand, took over the No. 1 ranking for the 286th week of his career.

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**12** Marcus Camby is 12th all-time in NBA history with 2,317 blocks. He is also second among active players, behind only San Antonio's Tim Duncan.

**24** Camby is 24th all-time in NBA history with 6,846 defensive rebounds. He's fifth among active players, one spot ahead of new Knick Jason Kidd.

**4** Camby has led the NBA in blocked shots four different seasons. He has eight top-5 finishes. He's first among active players with 2.4 blocks per game in his career.

# Camby could be headed to Knicks in sign-and-trade

► Former New York center might be on his way back  
► Negotiating deal with Houston ► Heat also in mix



SAM FORENCICH/NBAE/GETTY IMAGES

► Camby, right, was the NBA's Defensive Player of the Year in 2006-2007.

It's looking more likely than ever the Knicks will be adding big man Marcus Camby to the mix for next season.

No word on whether Larry Johnson and Allan Houston are close behind.

Camby was a member of the Knicks from 1998-2002, a tenure that spanned the end of the Patrick Ewing — and Houston and Johnson — era. In fact, he started in the 1999 NBA Finals against San Antonio in place of an injured Patrick Ewing.

If the Knicks are going to add the 38-year-old defensive specialist they will likely need to do it in a sign-and-trade. No deals can be made until Wednesday, so the Knicks are likely trying to decide how to accommodate the intended signing of Jason Kidd as well.

If they use the mini mid-level exception of \$3.09 million on Kidd, they would have to pull off a sign-and-trade for Camby or vice versa.

Camby split time between Portland and Houston last season, where he averaged nine rebounds and 1.4 blocks per game. Camby is far from his prime, but would provide a legitimate backup to NBA Defensive Player of the Year Tyson Chandler at center.

Right now the Knicks' only bigs on the roster are Josh Harrellson and Jerome Jordan.

ESPN reports the other team garnering interest from Camby is the Heat. However, after agreeing to sign Ray Allen to their mid-level exception on Saturday they would only be able to offer Camby the veteran's minimum. Miami would be able to offer Camby the chance to start, however.

No word on who Houston would be looking to acquire in a potential sign-and-trade with New York, but it wouldn't be a major player.



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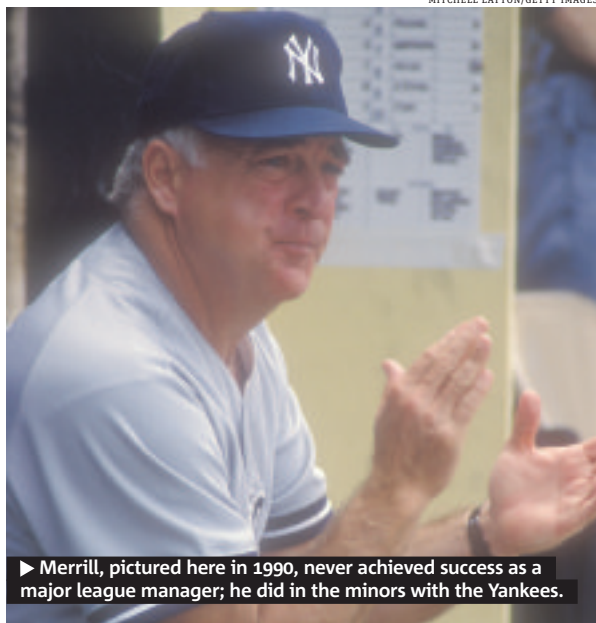
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MITCHELL LAYTON/GETTY IMAGES



► Merrill, pictured here in 1990, never achieved success as a major league manager; he did in the minors with the Yankees.

# Merrill took Yankees to a new era

- Bronx bombed in the early 1990s
- But years shaped dynasty to come

For those old enough to remember, there was a four-year span when the Yankees were among the worst teams in baseball. Between 1989 and 1992, they twice lost 90 games and never won more than 76.

Owner George Steinbrenner was suspended, Don Mattingly's back hurt and Dave Winfield had been traded. The man at the helm was Stump Merrill, who was in many ways a Yankee lifer.

"That's the first time I've failed at anything in my life," Merrill said on July 1 at Old Timers' Day. "It was a hell of a adjustment. Then, I got fired and that affected me for a while. And then you didn't get fired, you got replaced, because you're still here. That being the case, somebody thought that you had some value somewhere else."

In hindsight, there was a silver lining to those years.

Since Steinbrenner was suspended, his absence provided time for players such as Andy Pettitte, Mariano Rivera, Jorge Posada and Bernie Williams to develop. Then, a 91-loss season in 1991 allowed the Yankees to use the No. 6 overall pick in

**120** Merrill's career managerial record was 120-155. He won 1,763 in the minors.

1992 on Derek Jeter. In 1994, he managed Posada, Jeter, Pettitte and Rivera at Triple-A Columbus, who would all make their major league debuts the following year.

"I don't think that we anticipated that they would be the great players that they would, but the thing that you knew was because they all had great effort, they were all going to get there and make their way," Merrill said. "The rest of the story is known — not only do they get there and make their way, but they've made it very well. Those are the rewards that you get, in being a small part in their development along the way."

"Did I get them to the big leagues? No. They got themselves to the big leagues. What I was fortunate to be able to do was be able to write their name in the lineup on a daily basis."

**LARRY FLEISHER**  
sports@metro.us

## Padilla slams Tex: 'Play a women's sport'

Red Sox reliever Vicente Padilla wasn't ready to let bygones be bygones in his on-going feud with the Yankees' Mark Teixeira.

Padilla, who twice has drilled Teixeira in the past, in-

sulted the Yankees' first baseman in a NESN interview yesterday.

"In this sport, as competitive ball players, we get pretty fired up," Padilla said. "So I think, maybe, [Teixeira] picked the wrong profession. I think he'd be better off playing a women's sport."

Teixeira hit a go-ahead, two-run off Padilla in Friday night's Yankees win and then

criticized him for the two's past history.

Padilla and Teixeira were teammates in Texas where the pitcher said Teixeira was racist toward Latin players.

"The problem is he talks about all the wrong things that others have done, but the things he's done — against the Latinos — he doesn't open his mouth about." ● METRO



► Padilla

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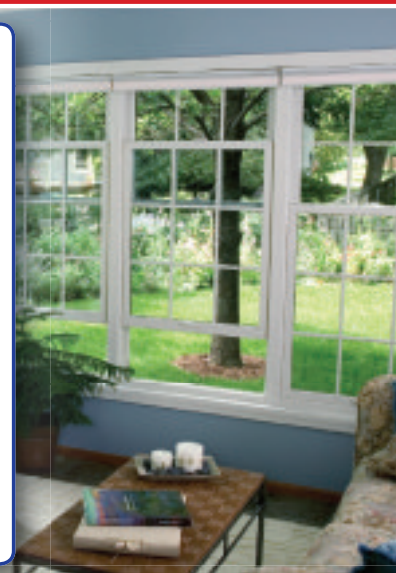


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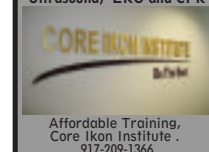
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## Homes

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\$8/dn. Owner RP Pete 917-709-7373

CORONA \$400,000  
2 family, brick, 6/6, 2 full bths full finish bsmt, gar. Hablamos Espanol Call Maybell 718-300-7057

Jamaica 2 Fam Brk Best Deal on Market  
\$175K Owner RP John 917-704-4840

QUEENS \$150,000  
2 family brick, 6/6, 2 full bths, gar full fin bsmt. Hablamos Espanol Agent Maybell 718-300-7057

Springfield/Laurelton Fully renov 1 fam 4 BRS, 2.5 Bths, eik, parquet flrs, fin bsmt, pvt drwy Only 3% down. Owner Rep Tolly 347-416-574

St. Albans Brmd New Constr 2 Fam, brck detd pvt dwy, 3B/3Br 3 new kits w/granite 5 mble bths, fin bsmt gar no closing costs owner 917-841-0373

ELMONT-1 fam, detd, brk, 4 br, 3 bath, LR, DR, EIK, big corner property. Principals only! \$359K. Only 3.5 % down. Owner 516-476-8775

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PROSPECT PARK- Ocean Ave Corner of  
Parkside. Studio \$950/mo, well maint'd, rent stabl. bldg, hwd flrs. Across the St. from park, subways/shops. 1st 1/2 mo rent free. Call Agent 718-657-1085

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Far Rockaway Wavecrest Gans  
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## Apartments

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